



# Looking for a fun Valentine's week activity?!



Join us for our 2nd Annual Murray City Parks & Recreation Jump Rope for Heart Event- **Wednesday, February 15<sup>th</sup> from 6- 8**

On, **Wednesday, February 15<sup>th</sup>**, Murray City Corporation Parks & Recreation is proud to partner with the American Heart Association through **Jump Rope for Heart!** This community service project will teach our families and community the importance of heart health (exercise, nutrition and living tobacco free) while having a great time jumping rope. We want to take this week of Valentine's and not only remind our community how they can love their own heart, but we are asking for your help to raise donations to help others with sick hearts!

## Did you know....

- Heart disease is the #1 killer in America & Stroke is the #5?!
- Did you know that 80% of all heart disease is preventable?!
- Did you know that heart disease is the #1 killer in women in America?!

American Heart Association's Mission: **to build healthier lives free from cardiovascular disease and stroke**

- **MISSION FOCUSED:** We are asking for your help in bringing a donation to give to the American Heart Association & American Stroke Association. A \$5 donation can be given to attend our Jump Rope for Heart event. When you make this donation you will be given a lanyard and the life-saver Lion. (You have the choice to raise additional donations to earn the other 5 Zoo Crew Members. Feel free to do your Jump Rope for Heart event in honor or memory of someone you know.
- **Online LIFE-SAVING DONATIONS:**
  - You can either bring your \$5 donation to the event or you can register online and raise your donation by sending e-mails to family and friends. We will have a list of all people who have gone online at the event. **(Online donations must be done by Monday, February 13<sup>th</sup>)**
  - Going online is fun, safe and easy! Visit [www.heart.org/jump](http://www.heart.org/jump), Enter the state "UT", enter the city "Murray", then click "Join Team" next to the Murray City Corporation Parks & Recreation team.
  - Check out our app for smart phones that makes it easy for your child to text friends and family to join their campaign to be a heart hero! Search **Jump/Hoops in the app store.**

**Every zoo crew member represents 1 person saved with a sick heart! You can earn all 6! You will be given each Zoo Crew member to the level you earn. Exp. If you donate \$35 you will receive- Rory, Jade Shoots & Jenny Kicks!**



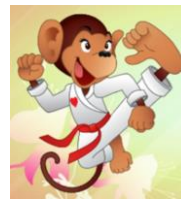
Bring a **\$5 donation** to help someone with a sick heart & get into our Jump Rope for Heart event. You will receive a lanyard & Rory McFiercely



**1<sup>st</sup> Online Donation** & you will be given Mr Tusker!



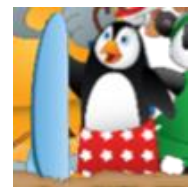
**\$20 Donation** & you will be given Jade Shoots!



**\$35 Donation** & you will be given Jenny Kicks!



**\$85 Online Donation** & you will get Savanna Bolt!



**\$100 Donation** & you will get Mr. Chillerton!

**Thank you for helping us save lives! We will have a great time**

**"JUMPING" OUR WAY TO HEART-HEALTH!**